

# TATLER®

TATLER BEAUTY & COSMETIC SURGERY GUIDE 2024

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**ANYONE CAN TELL THAT S-THETICS** Clinic – along with its medical director Miss Sherina Balaratnam – is a leading centre of non-surgical aesthetic excellence purely from the number of accolades it has attracted. In the eight years since its conception in 2015, the clinic has won ‘Best Clinic South England’ twice, in 2017 and 2022, with Miss Balaratnam receiving the prestigious accolade of ‘Medical Aesthetic Doctor of The Year’ last year. This year, S-Thetics was awarded the iS Clinical ‘World Star’ award, as UK & Ireland’s top clinic, for the fourth consecutive time.

Another highlight of 2023 was when Miss Balaratnam was invited by BTL Aesthetics to become a Global Key Opinion Leader. As the first non-US Doctor in BTL’s 30-year history selected for this honour, she joins a prestigious panel of elite consultant plastic surgeons, dermatologists and aesthetic doctors. This success is the rule rather than an exception. But what has Miss Balaratnam and her medical aesthetic practice in Beaconsfield Old Town in Buckinghamshire done to attract such acclaim? It’s all down to a combination of more than 25 years of medical experience, a deep understanding of skin and natural-looking results achieved in a state-of-the-art clinic full of the latest non-surgical innovations.

Whether your goal is to improve your skin health, reduce fine lines and wrinkles, sculpt your body by removing stubborn areas of fat, or simply to look less tired, surgeon-led S-Thetics Clinic can customise a treatment plan to meet your needs. Miss Balaratnam’s expertise encompasses everything from advanced botulinum toxin (Botox) treatments to non-surgical tightening using radiofrequency and the use of light based lasers for body sculpting.

As a highly experienced former NHS surgeon with a seven-year background in reconstructive plastic surgery and burns, she is rightly famed for her understanding of anatomy and scar management, and is a co-author of the chapter on botulinum toxins in the prestigious *Oxford Textbook of Plastic and Reconstructive Surgery*, considered the ‘bible’ for any surgeon in training. Her subtle and highly personalised approach to facial rejuvenation has earned her a place as one of the UK’s leading non-surgical cosmetic specialists.

One of Miss Balaratnam’s most popular options is facial filler, a non-permanent cosmetic injectable treatment that can effectively treat the deeper underlying signs of ageing, such as loss of facial volume, lines and wrinkles, sagging jawline, and loss of lip

*Miss Balaratnam’s subtle and highly personalised approach to facial rejuvenation has earned her a place as one of the UK’s leading non-surgical cosmetic specialists*



### *Sherina Balaratnam*

‘I truly believe a detailed consultation is essential in understanding your needs,’ says Miss Balaratnam, medical director of S-Thetics. ‘It is important to have a thorough clinical assessment of skin, facial structure and lifestyle factors in order to understand the steps required to obtain optimal results. My goal is to help my patients achieve and enjoy natural-looking results.’

### *Top three treatments*

#### FACIAL FILLERS

After a full facial assessment, careful placement of filler – most often hyaluronic acid-based forms – lifts the face and replaces lost volume.

#### EXION

This unique four-in-one platform treats 23 areas of the face and body with a combination of radiofrequency and targeted ultrasound.

#### EMFACE

This uses radiofrequency and high intensity facial electromagnetic stimulation (HIFES) technologies to lift skin and decrease wrinkles.

definition. Applied skilfully, facial fillers can achieve a refreshed-looking complexion by seamlessly supporting the face to add lift and replace lost volume, without looking obvious or overdone. Any qualified medical aesthetic professional will tell you that placement of filler is key – and Miss Balaratnam is no exception. Even if your concern is, for example, hollow cheeks, she will take into account your face as a whole, and may treat the areas around your cheeks rather than the cheeks themselves, in order to maintain optimum balance and achieve the most realistic-looking result.

Another effective facial treatment is EMFace, the very latest needle-free procedure that simultaneously treats facial skin and muscles in a 20-minute session. S-Thetics was one of the first clinics to launch EMFace outside the US, bringing its incredible results across the Atlantic (clinical studies show a 37 per cent wrinkle reduction, a 23 per cent lifting effect and a 30 per cent increase in muscle tone). EMFace uses the simultaneous application of radiofrequency and High Intensity Focused Electrical Stimulation (HIFES) technologies to affect facial skin, muscles and connective tissue. It’s best on the face, eyebrows, cheeks and jawline and the result is fewer wrinkles and more lifted skin.

There’s also EXION, a unique four-in-one platform that allows doctors to treat 23 different areas of the face and body with a combination of monopolar radiofrequency and targeted ultrasound. S-Thetics is one of the first clinics outside North America to launch EXION, which uses AI technology to deliver a more comfortable, effective and quick treatment. It’s the first device to be able to naturally up-regulate the body’s own hyaluronic acid production, leading to all sorts of age-defying benefits, including enhanced hydration and radiance, and minimised fine lines.

Another exciting launch that S-Thetics has brought from the US is **EXOIE Skincare**, which encompasses a complete and flawlessly formulated set of active natural plant stem cell secretory factors. These are designed for use before, during and after aesthetic treatments, and clinical studies show impressive results, including a 165 per cent increase in collagen production and a 198 per cent increase in the secretion of hyaluronic acid.



## Regenerative aesthetics

### DR ANNA MARIE OLSEN

There are few fashion designers who don't rely on this Athens-born doctor; and Olsen is as familiar with the front row as she is with backstage, where she perfects the skin of supermodels before they head onto the catwalk. But she's also an academic: in demand at conferences worldwide, she's currently spearheading the module she created for University College London. Otherwise the longevity-focused doctor can be found jetting between clinics in London, New York and Gstaad, where she tends to the aesthetic and health-enhancing needs of her high-flying clientele. Those who commit to her care undergo a battery of assessments: their DNA and lifespan-predicting telomeres are checked, while full bloods and urine samples are taken, to detect cortisol levels. Olson talks about 'enriching the vocabulary of the human body, to enable it to communicate better', and reports excellent results with a polynucleotide-exosome hybrid. Whether she's using bespoke cocktails of peptides and targeted IV infusions or energy-based devices and next-generation injectables, her approach is both multi-dimensional and carefully curated to achieve maximum results. *Consultation and treatments, POA (drolsenclinic.com).*

### DR JULIA SEVVI, LEEDS

'Treating the underlying causes of things has always been my approach to medicine. It's what I live and breathe!' says Sevv. Born in London but with a 'Northern soul', the Leeds-based doctor is a natural nurturer, trained in both Western and Chinese disciplines. (It's been 30 years since she founded her first clinic, The Good Health Centre, and she still refers clients for physiotherapy, osteopathy and acupuncture.) She uses stealthy injections to deliver instant gratification but also employs such tailor-made technologies as Ultherapy to tighten collagen-rich areas and reinstate support. These Ultherapy 'soundbites' – so called because they require shorter, more targeted sessions rather than one long stint in the chair – Sevv explains, 'can focus on really lifting the lateral part of the eye; we can reduce the under-eye groove, shape the lip and sculpt the nasal-labial fat, thereby enhancing the heart shape of the face.' Bio-stimulators also come into play; perhaps to strengthen tissues ahead of energy-based devices, or to energise the skin. But face-finessing aside, 'I like to spend time exploring the needs of patients, physically, emotionally and spiritually,' she says. 'After all, it's their bodies that have to do the work.' *Biostimulator from £570; Ultherapy from £400 (aesthetichealth.co.uk).*

### DR ULIANA GOUT

Gout is a dichotomy. Yes, she's brilliantly chatty, bubbly and never not wearing Roksanda, but she's also wildly academic, with an encyclopaedic brain and numerous medical publications to her name. Her protocols, too, are at the sharp end of science, and she loves nothing more than cocktailing hi-tech treatments, topicals and tricks of the trade. (Every patient leaves with a thick slick of pout-plumping ceramides.) New is her LAM Ultimate 360 Cellular Activation Facial, which utilises seven cutting-edge modalities for superior rejuvenation. 'We all know that when we stimulate regeneration in the skin's different layers, we get a cumulative benefit,' she says. 'The secret, of course, is knowing how to combine and in what order.' And talking of inside info: try advance-booking one of Gout's slots at the Dorchester's glossy spa, where she also offers such hyper-personalised cosmetic treatments as the Luxe Celebrity, which blends sculpting radiofrequency with an exosome infusion and LED. (Performed atop a heated bed, it makes for a hypnotic hour.) That's not to say technique takes a back seat. Her approach unites focus and finesse: whether she's going nuclear on breakouts – painting layers of exfoliating acids onto offending spots to calm inflammation – or strategically contouring. Of the latter, she says, 'It's about respecting the topography of the face; after all, there are fat pads that we want to tighten and lift, and others that we want to leave untouched.' When she's not charging around her Harley Street clinic, you'll find her walking her dogs Bubble and Mable around Marylebone. 'They're local celebrities,' she says. *LAM Ultimate 360 Cellular from £1,200 (london-aesthetic-medicine.com).*

### MISS SHERINA BALARATNAM, BEACONSFIELD

A former burns and reconstructive surgeon, Balaratnam switched her scalpel for a syringe some years back. Today, the Malaysian-born doctor continues to rebuild and restore the anatomy, but now using a blend of intelligent tech and holistic know-how. 'The human body is in a constant state of evolution,' she says. 'We're evolving in lifespan but also in lifestyle.' So no surprise that she's championing a raft of rehabilitative devices, such as BLT's EMSculpt NEO, as well as Exion, a multi-platform skin device offering AI-controlled, radiofrequency micro-needling, intimate health treatments and a blend of monopolar radiofrequency and targeted ultrasound. (She is the brand's first global Key Opinion Leader outside of the US.) 'I've been blown away by the technology,' says Balaratnam,

who was one of the first in the country to use Exion. 'It is literally waking up collagen production, and has been shown clinically to upregulate the body's own hyaluronic acid by 224 per cent.' Then there's her skill with injectables, gained under the mentorship of the aesthetic demi-god Dr Mauricio Di Maio. 'In many ways, filler is also regenerative,' she says. 'After all, over the years, we lose skeletal volume as well as facial volume. But what can we do beyond that?' Try her new EXO | E facial, which feeds the skin with reparative, plant-based exosomes, calming inflammation while delivering a never-before-seen gloss. (A system for the scalp is now available.) Afterwards, slip under her Celluma LED lights to recharge inside and out. *Exion from £450; filler from £450; EXO | E from £350 (sthetics.co.uk).*

### DR AGGIE ZATONSKA, SURREY

With her porcelain skin and discreet, Fornasetti-papered clinic, Zatonka is the secret weapon of Surrey society; and her clientele, a healthy mix of Coworth Park and Wentworth Club members, appreciate the stealth of her manoeuvres. 'Everything we're doing now is about regeneration,' explains the former ENT surgeon. 'My patients are more interested in preventing and maintaining these days, and they certainly don't want anything that appears obvious.' That's why she deploys biostimulators like PhilArt polynucleotides, which contain no hyaluronic acid, so there's no risk of puffiness. And why she uses Korean nano-needles to smooth crêpey under-eyes or sharpen sagging jawlines: they reduce the risk of bruising. (Of her sharps, she says, 'When it comes to tightening the lower face, not everyone wants to go down the route of energy-based devices. Some people are sceptical, or they've had a treatment, years back, that just didn't deliver.') Complexion-perfecting, plant-derived exosomes have also taken root in her practice, and are followed-up with face-tightening SofWave, complexion-refining Morpheus8 or a deep-cleaning HydraFacial 'to drive them deeper into the dermis'. That's not to say more conventional jabs are completely *verboten*. Zatonka injects her filler and toxin with forensic precision: 'For example, to address crows' feet, I only touch the upper part of the orbicularis oris – the muscle that encircles the eye – because that's the part that elevates the lateral brow; and the aim is to control, not freeze.' In the works is a new wing at her clinic, featuring a longevity lounge packed with IV drips, bespoke supplementation and lifestyle medicine services. Needless to say, Surrey is smitten. *Polynucleotides from £400; exosomes from £500; toxin from £250 (atelier.clinic).* ▷





*Always a winner*

*With the latest innovations imported from the US and  
a consistent stream of industry accolades, S-Thetics run  
by Miss Sherina Balaratnam is a winning option*